



High School Programs-Grades 9, 10, 11 & 12

All programs occur on Thompson Island, in the Boston Harbor Islands National Park Area, unless otherwise indicated

Peer-Leadership Expedition: 4-day leadership and community building expedition with overnights on Thompson Island

Goals: Students will practice leadership skills and learn to work as a team on this expedition. Successful mastery of physical and social/emotional challenges will help students gain self-confidence and greater compassion for their peers. Students will learn leadership techniques and skills, and practice leading their group during this expedition.

Course Frameworks: Compassion and Service, Learning through Experience, Adventure and Challenge, Leadership

Course Themes: Responsibility, courage, collaboration, initiative

Program Elements: games, problem-solving initiatives, trust sequence, full value contract, low ropes, belay school, high ropes

Other possible Elements: search & rescue, service project, camping, sailing



Community Development: 2-to 4-day community building program with overnight on Thompson Island

Goals: Students will participate in a progression of activities including non-competitive games, group problem solving challenges, which focus on communication. Peaceful conflict resolution and health dialogue about differences will be emphasized.

Course Frameworks: Inclusion and Diversity, Supportive Environment, Character Development

Course Themes: Collaboration, compassion, and diversity awareness

Program Elements: games, problem-solving initiatives, trust sequences, full value contract, low ropes, belay school, high ropes

Other possible Elements: search & rescue, service project, community action plan, camping (for 3- or 4-day courses)



Trust and Self-Reliance: 1-day low and high ropes challenge program

Goals: Through a progression of games, initiatives low and high challenge course elements, students will build resiliency, self-confidence, trust in their peers, and gain some mastery over climbing skills

Course Frameworks: Excellence, Adventure and Challenge, Character Development

Course Themes: Personal goal setting and teamwork

Program Elements: games, problem-solving initiatives, trust sequence, low ropes, belay school, high ropes

Teambuilding and Communication: 1-day low challenge program

Goals: Students will learn about group cooperation through non-competitive games, hands-on challenges and low ropes activities. The program will emphasize communication skills, listening skills, following directions, sharing ideas in a group setting, and compassion for others.

Course Frameworks: Integrity, Compassion, Learning through Experience, and Character Development

Course Themes: Collaboration, consideration, compassion, courage

Program Elements: games, problem-solving initiatives, trust sequence, low ropes

Thompson Island will customize a course to fit the needs of your school or group. To speak with a sales representative, please call 617-328-3900 x116, or e-mail youthcontracts@thompsonisland.org.